



COOK LOOKS BACK

I didn't think we'd lose 5-0, says Test skipper, but Johnson was unplayable

Page 64



TV chef Jamie Oliver joins children from St Paul's Whitechapel CE Primary school to celebrate the third annual Food Revolution Day **More on Page 6**

GETTY

Inquest told of JP Morgan man's 'witchcraft' delusions

Troubled mind of tragic banker

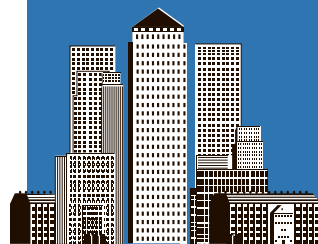
JP MORGAN worker Gabriel Magee was on the roof of the firm's Bank Street offices for a number of hours, drinking a bottle of tequila before jumping to his death, Poplar Coroners' Court heard this week.

In the inquest into the incident on January 28 this year, senior coroner Mary Hassell said she was satisfied the 39-year-old vice president in IT had planned to kill himself after she had heard troubling evidence about his state of mind.

Continued on Page 5

FREE

MAY 22, 2014



Inside



SWIMMING SPECIAL

Where to go, what to wear and why it's good exercise

Pages 60-61



GET OUT AND VOTE

Candidates urge residents to make their voices heard

Page 6

Plus

Raise your glasses for our focus on beers

Pages 58-59



PLUS Archbishop of Canterbury visits the East End + On board Sunborn yacht in Royal Docks



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WEATHER

20C	TODAY Scattered storms
20C	FRIDAY Cloudy but warm
18C	SATURDAY Showers
19C	SUNDAY Showers
21C	MONDAY Mostly sunny

TRAVEL

TUBE & DLR
No Jubilee line service between Finchley Road and Waterloo until 11am to enable essential tunnelling work. DLR is fine.

ROADS
Woolwich ferry roads affected by event on Saturday.

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ESTABLISHED 1998

Agenda

May the bank holidays be with you

I know why people are bummed about Cressida splitting from Prince Harry of Las Vegas: we were all hoping for another royal wedding bonus bank holiday. Remember Wills and Kate three years ago? Or rather, remember that glorious day off?

Ah, the bunting, the street parties, the long lie-in. When Harry met Cressy we all got excited. Can't they just fake it? We could all chip in for a few Relate sessions? Couples counselling could still bag us our extra time off.

Bank holidays are by far the best thing that starts with the word "bank". Which, royal weddings

BLONDE'S EYE VIEW



ANGELA CLARKE

aside, is what makes May so damn fine. Magnificent May: three letters and two bank holidays. Two! So far 50% of this year's have been sunny. They're the best.

Londoners have been celebrating public holidays in the same way for centuries: drinking alcohol outside, singeing food on fires, and falling over on the way home.

We are living history. Such tradition brings a tear to my eye. When I see someone bent over, spewing into the Thames it makes me proud to be a Londoner.

The only cloud on the holiday horizon is our 24-hour global

economy (read: the internet was a con: we all work harder than we ever did before).

We can't afford to take a day off. So we squash five days worth of work into four days.

This does make the week following a bank holiday Monday a bit frantic: we all have a bit more coffee, we all have a bit more to do, we all get a bit more shouty.

But we do it. We get the job done. Which begs the question: why don't we make every weekend three days long?

Follow Angela on Twitter: @TheAngelaClarke

London Eye



REUTERS

Above, a child puts her T-shirt over one of the jets of the fountain in the courtyard at Somerset House

Right, Workmen on a break buy snacks from an ice cream van in St James's Square

Go to reuters.com/news/pictures or text RTR to 84070. For prints go to reuters.com/prints

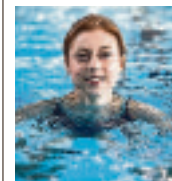


REUTERS

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Food

Our guide to making beer work for you



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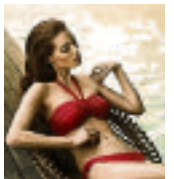
Health

The lengths we go to for our fitness regime

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Fashion

Looking good in and out of the water



Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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SWEAT



DOUGLAS BLYDE

LORD OF THE RING

HUNDREDS gathered last Friday to see the unveiling of a statue marking the achievements of Britain's boxing world champion.

East Londoner Teddy Baldock, nicknamed the Pride of Poplar, lifted the belt 87 years ago.

Grandson Martin Sax raised tens of thousands for the bronze sculpture to

be made for the site next to Langdon Park DLR station.

Martin said: "Teddy was the hero of British sport when he fought Archie Bell on May 5, 1927, for the vacant world bantamweight championship. He was only 19 and was Britain's youngest ever world boxing champion."

"Tragically when he passed away only a handful of people attended his funeral. He was a forgotten champion, a forgotten sportsman."

"To have all you people turn up is a fitting tribute to my grandfather and I'm sure if he's looking down now he'll be proud."

Rob Virtue



Date night

ROMANCE could be on the cards for the highest bidder as the hammer falls on *The Wharf's* Charity Date Auction.

A group of 10 guys and the same number of girls are the prized lots on the night with the person offering up the highest sum securing a partner for 30 minutes – as well as a bottle of champagne to share.

Those hoping to be bitten by the love bug and raise money for children's charity

Tommy's in the process should turn up to Henry's in West India Quay on Thursday, May 29, from 6pm.

Sponsored by estate agency Jones Lang LaSalle, entry is free, with the fun-filled auction starting at 7pm and a fundraising raffle throughout the evening. All proceeds raised will be donated to Tommy's.

For more information call Nikki Hamersley on 020 7293 2247 or email nikki.hamersley@wharf.co.uk.



the **Wharf**

Council rejects long licence for Lovebox

CULTURE

We want ability to intervene, say councillors

Rachel Bishop
@wharf.co.uk

The application for a four-year licence for the Lovebox festival has been rejected by Tower Hamlets Council.

Councillors were told that crime shot up in the ward containing Victoria Park in the month the festival was on.

UKCrimeStats figures showed that in Bow West in 2012 overall crime in the month Lovebox took place (June) was 64% higher than the months either side and in 2013 in the month of the event (July) overall crime was 44% higher than in June and 60% higher than in August.

Bow West councillor Joshua Peck said residents had raised numerous concerns with him regarding anti-social behaviour and noise.



The Lovebox festival

He said: "A four-year licence removes the ability of residents to make representations each year. The organisers seem to be blind to the issues that they cause each year."

Lovebox organisers said they weren't aware of many complaints.

Legal adviser Simon Taylor said his team had received crime figures from the Metropolitan Police that were directly attributed to the festival and these figures were lower than the ones Cllr Peck had presented.

He said: "It's our intention to give residents a far bigger

say than before. We want to stop finding out about these concerns at licensing meetings when we haven't been informed of them before."

"Having a four-year licence gives more confidence to investors – for example buying new sound equipment – if we know we're coming back again next year it's very helpful."

The committee rejected the application.

Licensing committee vice-chairman Peter Golds said: "We were concerned by the problems suffered by the residents and we don't think there are any conditions that could be added to the licence to make it better."

After the meeting Lovebox issued a statement which said: "We are extremely disappointed that in spite of there being no objections from the public, or authorities, throughout the consultation period, a single objection from Cllr Peck, which we believe to be inaccurate and misleading, has resulted in the licensing committee refusing our initial application."

"We will of course be appealing this decision."

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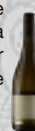
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Pub serves purpose as glue for a community

PLACES

As the JobCentre prepares to open in Deptford, **Beth Allock** finds out why the 'local' is still an asset to any neighbourhood



Rob Burrows is preparing to open the JobCentre pub, below, in the heart of Deptford

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Deptford's newest landlord Rob Burrows is quizzed by a passer-by while standing outside his new pub.

The venue? A former government building and Utopia art space in Deptford High Street. Its new name will be, in a nod to its roots, The Job Centre.

The resident, James Riley, says it will be "interesting" to see what the new Antic-owned drinking hole will bring to the patch of south east London and its impact upon ongoing gentrification.

"What I really hope is it will be a real local boozer that will incorporate the existing community as well as drawing in new clientele," he added.

Holly Simpson, in charge of PR and promotions for pub company Antic, said the 26-year-old's comments were typical of the mini-buzz that's been sparked surrounding the pub's opening early next month.

"We can't come soon enough," she said.

"It's really exciting. There are definitely people out there who want a 'local', judging by social media.

"Antic is very much known for finding gems in the rough, shall we say, and finding a venue that other people have overlooked in the past, like the Royal Albert [New Cross].

LITTLE NAN'S AFTERNOON TEA

WHO doesn't love a lazy Sunday spent in the company of a strong brew, a cheeky tippie and raisin filled goodies with lashings of jam?

And what's better, this weekend's Little Nan's Cream Tea Cocktail Party is all in aid of charity.

The monthly cake and sandwich-filled extravaganza will offer up full servings of Afternoon Tea

– presented on vintage three-tier stands – for £14 per head, with all proceeds shared between Macmillan Cancer Support and the Iain Renee Hospice.

Drop-ins to enjoy any of Little Mum's home-baked treats are also welcome at the Deptford Broadway venue, with an array of cocktail creations and vodka candy shots to wash down the grub.

Go to facebook.com/LittleNansBar

"Deptford was next on the horizon because of its creative community."

Rob, who lived in the area before moving to Camberwell, said: "It's a nice quirky part of Deptford.

"I'm really excited to come back to the area, I've missed it.

"The sign of a good pub is when you have a range of people in there and this is here for the community."

Scheduled to open in the next few weeks, pub-goers can expect a vintage, '80s style drinking space stretched over three floors.

There'll be a bar and open kitchen whipping up modern British grub downstairs, with bathroom facilities on the second floor and a community space and bar area on the top floor.

Rob said: "There will be a decent

selection of artisan craft beers and we will be using as many local stuff as we can.

"We will differentiate ourselves from the Albert, that being a Victorian pub. We might be more spirit-led.

"We would like to do infusion spirits but the particular infusions we haven't nailed it down – we are only going to have the good stuff in there."

Amid a backdrop of pub closures – the Deptford Arms falling victim in the same area – the chain also responsible for the Isle of Dogs' Pepper St Ontiod is going strong.

Rob, who will be heading a team of 12, said it was down to traditional values. "If there's someone behind the bar who seems happy to serve, that's something that never changes through the years."

Dale Ingram, specialist planning consultant at Planning For Pubs Ltd, said: "Antic has a great reputation for bringing dead pubs back to life and converting other premises to pub use.

"A well-run community pub is an asset to any neighbourhood and can often be the reason why people buy property in a particular area, especially affluent younger professionals.

"Conversely, the loss of a much-loved local can be why people move away, leading to a downward spiral in house prices."

Go to jobcentrepub.com.



Beer Special

We serve up a range of brewing treats on tap

P58

Gabriel cut padlock with boltcutters to reach roof

From Page One

"Having heard the evidence I'm sure no-one pushed him," said the coroner.

"Why did he jump? To go down at least 21 floors there's no other explanation than causing his own death. I'm satisfied Gabriel jumped off the 32nd floor with intention of killing himself."

The inquest heard evidence from JP Morgan and police investigators. They told how Gabriel had visited the top floors of the office weeks and even months before his death, and on a number of occasions tried to swipe through an exit door to the roof but did not have access.

On the evening that he jumped he climbed a ladder to a secure hatch and cut through the padlock with bolt cutters.

Company investigator Jonathan Shatford also pointed out notes on his work computer which suggested his intentions.

He said Gabriel wrote "jump" on a document just hours before he climbed on to the roof and,



Ex-girlfriend Lucy Pinches

two weeks earlier, had written "try to jump off building" on another entry.

Gabriel was last seen on CCTV at 8.11pm on January 27 as he made his way through the hatch. He sent a text message to his girlfriend just before 12.30am that night saying he was on his way home soon.

But he never returned and was found dead on the ninth floor the following morning. Medical reports showed he had

an alcohol level three times the drink driving limit.

The inquest heard Gabriel was upset by the break-up of a previous relationship a year before. However, by September 2013 he was settled with a new girlfriend.

He had visited therapist Maya Cooray who told the inquest there were no real fears over his mental health.

His girlfriend Veronica Strande also said that, in the days before his death, they had talked about their future and plans to spend a year living somewhere else in Europe.

However, the court also heard he had suffered from paranoia in the months after his break-up, which concerned friends.

His ex-girlfriend Lucy Pinches said: "He was a unique person. He was incredibly intelligent, had a brilliant mind, was very kind, affectionate and creative. He had a good sense of humour and was good company to be with."

"But he had a darker side to him. I thought he suffered

from some sort of depression. He had a darkness linked to his creativity."

She also said he was reading Robert Graves book on witches, *White Goddess*, and had been making accusations against her.

"He started merging the book with reality," she said.

Ms Pinches' comments were supported by Gabriel's friend and JP Morgan colleague Mark Gibbons who said he had urged him to seek medical help.

"At one time in 2013, Gabriel was having very unusual thoughts," he said. "He made a joke that he thought Lucy was a witch and was trying to poison him. And after he had been to a festival he made a comment that the friends she was with were witches too."

Recording a verdict of suicide, Ms Hassell said: "From the evidence it was clear Gabriel was a very bright person, entirely capable of fooling those around him. He didn't want to burden them."

Rob Virtue



Model footballer

Ahead of the World Cup, Madame Tussauds unveil a new wax figure of 1966 England captain Bobby Moore at West Ham United's Boleyn Ground



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POLITICS

All candidates urge residents to take up their right to vote

Rob Virtue
@wharf.co.uk

Today (Thursday) east Londoners will have a chance to choose their future.

And nowhere in the capital will the fight be closer fought than in Tower Hamlets, where four years ago just one in four people eligible to vote took to the ballot box.

The turnout at Tower Hamlets is easily the biggest factor in the outcome.

So mayoral candidates are urging the public to use their right to vote and decide who will hold the keys to £1.1 billion plus worth of budget in the borough.

And the two favourites in what's expected to be a closely fought battle are desperate to get those last few votes which could make a huge difference.

Labour's candidate John Biggs said: "This is our opportunity to change the

direction of Tower Hamlets and prioritise the issues that matter the most: cleaner and safer streets; building affordable housing; and creating jobs. I want to restore transparency to the Town Hall, cut the cost of politics in the borough and bring the community together."

Meanwhile, Mr Biggs' main rival, current mayor Lutfur Rahman made an impassioned speech for re-election.

"If you examine what I have delivered since becoming mayor I hope you will agree we are making real progress in improving our borough," he said.

"I have exciting plans to build on

the progress over the next four years. When you vote, all I ask is that you judge me on my past record and vision for the future."

Others are also calling on the electorate not to waste their opportunity to vote in what will be a hugely important day for the borough.

Conservative candidate Chris Wilford said: "The right to vote is something people have fought long and hard for over time. Make sure you vote for a fresh start and a long term plan for a better borough."

Green Party candidate Chris Smith said: "Around the world people are losing their lives in the fight for a democratic society. The only thing political parties notice is how many people voted for them. It's the only action that really counts in politics."

"If people want a better world then a green vote is the most compassionate and caring one they can make."

Ukip candidate Nicholas McQueen said: "We have a once in a generation opportunity to change the way that we are governed in the East End, by choosing to reject the old parties. A vote for me is not wasted: if you vote Ukip you will get Ukip."

Local and European elections will also be held today.

Meanwhile, elections are also taking place at Greenwich and Newham.

wharf.co.uk



For interviews with major candidates, for the latest from the count tomorrow and for all the full results, reaction and analysis next week, be sure to bookmark our website.



Jamie Oliver powers a blender by riding a bike as he joins children from St Paul's Whitechapel CE Primary school to celebrate Food Revolution Day



TV Jamie calls a wrap on record

TV CHEF Jamie Oliver dropped in on an east London primary school during his third Food Revolution Day.

He lent his expertise at St Paul's Whitechapel CE Primary school while the rest of the world had to make do with a virtual presence.

Globally nearly 10,000 schools signed up to take part in the largest ever live cooking lesson, learning how to make rainbow wraps – a tortilla sandwich with cabbage, pear, carrots, beetroot and feta cheese covered in a minty-yoghurt dressing.

The record formed part of his campaign for better nutrition.



GREENWICH TAVERN

The Greenwich Tavern is a family run venue that has become a popular choice amongst locals and tourists alike. With its charming location, friendly atmosphere and great food it is the perfect place for any occasion.

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AMERIGO VESPUCCI



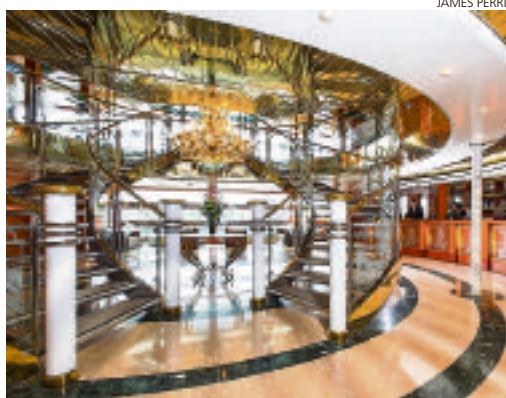
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JAMES PERRIN

Sunborn makes splash in luxury hotel market

HOSPITALITY

Sneak preview of supersized yacht ahead of formal opening next month

Rachel Bishop
@wharf.co.uk

The capital's first luxury super yacht hotel will open next month at Royal Victoria Dock.

The 120m-long boat will be unveiled on June 2, with a 15 year contract, offering luxury function space and accommodation – especially catering for those visiting the Excel centre.

Marketing manager Michael O'Brien spoke ahead of the launch about what visitors can expect on board.

He said: "The concept is a full, four star deluxe hotel. We have 136 bedrooms, featuring a mix of classic and executive rooms and suites.

"Sundowner is our bar, where people can sit out on the deck as the sun sets and watch it go down behind the towers at Canary Wharf.

"Land's End restaurant is named after what the area was called in the 1800s when it was at the end of London."

Most staff have been sourced from community support scheme Elba and didn't have to provide any previous service experience, but they had to show what they were made of at an open day at the Excel Centre.

Michael said: "We got them to do a bit of role play – things like checking

TIMELINE

■ Sunborn had a yacht previously moored at Royal Victoria Dock but this was moved as the Excel centre expanded. The ship was sold to the Nigerian government.

■ In 2009 Sunborn received approval from Newham Council to have the new yacht put at the site of Royal Victoria Square for five years.

■ In 2011 this was increased to 15 years.

■ In 2013 Sunborn asked Newham Council just ahead of a planning meeting if it could install an older ship "due to financial reasons".

■ In April 2014 the new Sunborn was towed into Royal Victoria Dock.

people in and serving a drink. We also wanted to see how they would handle a difficult situation, so set up someone acting rudely towards them to see how they would react.

"You cannot teach someone to have a good attitude and be friendly, but these people all do."

The Sunborn concept was created by Turku-based family the Neimis, but is managed through management company ISS, based in South Quay.

Michael said: "We are heavily driven by the business market. When there isn't an event on at Excel we will be giving a real push for business from other areas, but so far we have had a fantastic response – we have had people queuing outside saying they just want to come in for a drink or food. People seem to love it."

Go to sunborn.com/sunborn-london.



Marketing manager Michael O'Brien stands among the luxury of Sunborn which is now at its permanent berth next to the Excel centre



Cycling should be allowed in tunnels, says survey

TRANSPORT

CYCLISTS should be allowed through Woolwich and Greenwich tunnels, according to a recent survey.

The poll, by Friends of Greenwich and Woolwich Foot Tunnels (Fogwoft), was launched in a bid to find a solution to the best use of the tunnels, which see 3,000 people each day.

Currently about 50% of the tunnel

users are cyclists despite a local bylaw prohibiting cycling, skate boarding and roller skating through the tunnels.

Within the poll 55% of people said they favoured a 24-hour considerate shared use of the tunnel, with 35% stating they want to maintain the ban on wheels.

A statement from Fogwoft said: "Both tunnels are narrow, with the

Greenwich tunnel narrower than the London Cycling Design Standards for shared use.

"As with most pavements, the tunnels are classed as pedestrian rights of way.

"To allow more than walking through the tunnels would require a change in the existing bylaw, or a traffic management order issued by the Royal Borough of Greenwich.

"Fogwoft may propose a change, if such is considered desirable. If the borough council were to accept such a proposal, it would then be obliged to consult the public on any alteration of the existing bylaw."

In other findings of the survey 34% wanted better signage; 22% wanted lift wardens and 21% wanted CCTV.

Rachel Bishop

Go to fogwoft.com.

NEWS IN BRIEF

Around east London

Council workers in 'bully' strike

GREENWICH Council occupational therapists went on strike yesterday in protest against an alleged "bullying culture" within the authority.

The 24-hour strike by Unite was also sparked by the suspension of a colleague.

Unite regional officer Onay Kasab said: "We have given the employer every opportunity to deal with the bullying – but it has failed to tackle this issue."

Greenwich Council denies the allegation and said: "The council has carried out an investigation into the issues raised, and a report is being prepared. It would be inappropriate to comment further."

Bailey honoured with UEL degree

EAST LONDON A photographer regarded as one of the world's best will have a rather different piece of art to frame next week.

David Bailey will be presented with an Honorary Doctorate by the University of East London on Tuesday at the National Portrait Gallery where the 76-year-old's *Stardust* exhibition resides.



North Pole set to serve its last pint

TOWER HAMLETS One of the last traditional pubs in the environs of Canary Wharf will be closing its doors for the final time on Friday.

The North Pole, in Manilla Street, is facing the same fate as many of its contemporaries. It is being demolished to make way for more development.

Tomorrow (Friday) regulars will be attending a farewell lunch at the pub declared by the Good Bear Guide as "truly welcome haven from the busy city life outside".

Next week: A fond farewell

Cult stars gather for convention

NEWHAM Stars including *Red Dwarf's* Robert Llewellyn and *Happy Days* star Henry Winkler will adorn one of the country's leading popular culture shows over the weekend.



MCM London Comic Con is one of the biggest gatherings of sci-fi, cult, games and role play fans, many dressing up as their favourite characters.

Guest appearances will also include *The Tomorrow People's* Drew Roy, *Walking Dead's* Colin Cunningham and a clutch of *EastEnders* – including Shane Richie and John Altman.

Go to mcmcomiccon.com.

Notebook

A battle of wills began – with a surprising outcome

On the way to school earlier this week Master A innocently remarked he had to catch up with some work because he was behind.

While he had finished only one page on the topic of the week, others had completed two, even three.

I've been struggling to get him to do his homework, dealing with outrageous tantrums in the process, so this was a red rag to a bull.

We drove to school in silence: Mummy not at all happy.

In the classroom, he started to mooch

from desk to desk, chatting idly about everything and nothing with several chums who, like him, were less than focused on the task in hand.

Most of his other classmates were seated, studiously working on various sheet work laid out before them.

I hissed at him to take his seat and start to get on with his work.

He carried on chatting, bravely – some may say stupidly – ignoring my request.

I raised my voice a little louder. His eyes locked with mine and, after several seconds in which my bulging orbs clearly

WORKING MUM



TABITHA RONSON

indicated what would happen if he didn't listen, Master A finally took his place at his desk.

Instead of getting on with the project, he started to faff, fiddling with the sheet work, sharpening his pencil – a series of displacement activities engineered to make him further behind.

The classmate next to him pointed out that Master A was doing a different activity to everybody else.

As I whispered a series of threats – a ban from the iPad, no swimming, no movie night – his teacher came over to

sort him out. She handed him an extra work sheet.

I looked at her and raised my eyebrows in a "what can you do" kind of a way.

"He's already told me how far behind he is with his work..."

She looked puzzled.

"No, he's not. He's finished his topic and is now starting a new one. He's actually ahead of the rest of the class."

Working mum, delighted to hear that piece of news however worried at his lack of self-esteem. I wonder if there will ever be a moment to celebrate without a caveat.

DATA SNAPSHOTS

Trends, stats & surveys



19%

Of women say that lack of sense of humour in their partner is the reason they cheated – the top reason. Not being good in bed was chosen by 14% of women. Being stingy, 4%.



79

Days. Length of time Londoners could survive without their regular income. This is the longest in the UK helped by the high number of Londoners who save their money.



31%

The increase in total worth of all Londoners since the beginning of the recession, mainly due to the increase in house prices. In contrast, the North East was 10% worse off.

Catch up with our data graphics on wharf.co.uk every week

Sources: Victoria Milani; Legal & General; Office of National Statistics

Out Of Office

PEOPLE

DJ looks to unlock talent

TO celebrate the 15th anniversary of dance record label Defected, students from Kids Company's DJ Academy were given a mixing masterclass in Shoreditch.

DJ Locksmith from Rudimental, otherwise known as Leon Rolle, showed the students his techniques helped by Rik Parkinson from audio equipment company Pioneer at a Defected popup show in Truman Brewery.

The Kids Company provides support for vulnerable children.

Leon said: "The Kids Company project is a cause close to my own heart. I grew up in a similar area and understand what many of these kids have been through. I am so honoured to be involved in this

Cereal drama

★ Twins Gary and Alan Keery are looking to add a new twist to breakfast with their Cereal Killer cafe.

If they can raise £60,000 with their crowdfunding campaign, then they could be bringing 100 types of cereal, 20 types of milk and 18 flavours of popstars to Shoreditch.

project with Pioneer and Defected who are giving these kids the chance they deserve and fuelling their interest in something that stimulates them."

Camila Batmanghelidjh, founder of Kids Company said: "It's not every day these kids get to witness a successful celebrity DJ in action. These masterclasses are unique – they ignite passion and drive and show the children what they are capable of achieving."

People, places, things



DJ Locksmith, centre, helps out at a masterclass on the decks



Spotted

★ David Beckham hosts a private party at Shoreditch House to mark the launch of his H&M Swimwear Collection. Among his celeb guests were Aaron Paul, above, Ellie Goulding, inset, One Direction's Liam Payne and Neill Horan and DJ Nick Grimshaw.

WEB

The price of travel to come

SOME people like to plan ahead. Those people will be taken by the Tube Fare Time Machine website.

The free tool, created by LondonOffices.com, predicts daily, monthly and annual travel costs up to 2050 based on average increases over the last 30 years.

Alec Ryan from LondonOffices.com said: "This tool is a fascinating way to see into the past, present and future."

"It has become accepted that increasing Tube fares are a part of life and our predictions are what we consider to be a conservative estimate."

A seven-day Travel card for zones one and two cost £4.70 in 1983, £31.40 today and – the Time Machine predicts – will break the £100 barrier by 2045, and by 2050 will cost almost £110.

SPIRAL NOTEBOOK

By Giles Broadbent

Capital needs a champion for its talent

Deloitte first raised the idea of a "chief talent officer" for London in November.

The consultancy firm had just released research that had shown – if there were any doubt – that London was the talent capital of the world, employing 1.5million in high-skilled sectors.

The company predicted 100,000 more skilled jobs by 2020 as creative, digital and life science sectors made up for the loss of the banking jobs. To accommodate this, there needs to be joined up thinking on such diverse areas as education, housing, visas and infrastructure.

Dame Tessa Jowell picked up the theme at the Cass Business School last week where she spoke at a symposium on the makings of a modern city.



There needs to be joined-up thinking on a number of issues

She said she was "quite taken" with the idea. She said: "The mayor should work to strengthen business links with education. Education is a vital feed."

"University technical colleges are an interesting innovation, bringing together universities and businesses to give young people the advanced technical skills that we will need."

Dame Tessa is stepping down from Parliament in 2015 and there has already been speculation she could run for London mayor a year later although she herself has made no such hint.

However, her talk to overseas guests had all the feel of an emerging manifesto.

She will, however, have to learn to curb her visceral hatred of the Press, a topic on which she is reliably venomous. Here, for example, she portrayed the media to our foreign guests as anti-Olympics in its entirety, a wilfully erroneous and provocative position.

High Five Cycle gadgets



Lifeproof Bike Mount, £36 Essential gadget to take your phone cycling.



Spokelit, £7.99 Alerts motorists who are approaching you from the side.



Foldable Bike Lock, £14.99 Tough enough but also compact enough.



Winkku Indicators, £29.99 Clip-on lights add another layer of safety to your trip.



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Dance studio to get home in quayside development

CULTURE

Rachel.Bishop
@wharf.co.uk

LANTERNS Studio Theatre will be getting a new home underground, in a recently approved development at South Quay.

Owner Janet Viola has fought to have a settled home for Lanterns for many years and is delighted the theatre is included in the scoping report for the new Millharbour Village development, intended for 3 Millharbour and 6-8 South Quay.

Within the report submitted to Tower Hamlets Council, it says: "The Millharbour Village scheme, which will rise to between 18 and 40 storeys, would involve the demolition of all the buildings on the site, and will also include a new state-maintained primary school and replacement



Janet Viola: Great news

Montessori Primary School and Lanterns Arts Nursery, School of the Performing Arts and Studio."

Janet said: "[Galliard Homes] has told me the theatre will be on the old Audi garage site underground with my nursery above it.

"This is such great news. We are so thankful to Galliard for recognising the importance of the theatre in this area. We want Lanterns to be seen as the place to go for ballet and have a fantastic programme to prove this."

The theatre will continue to run its busy schedule and has many ballet companies in residence on its site ahead of the works.

A Galliard Homes spokesman said: "We are aiming to submit in July with an anticipated decision in spring 2015."

Galliard Homes wants to secure planning permission next year and expects the scheme to take five years to complete.

Head for music, feet for running

A BECKTON headteacher is lacing up his running shoes to ensure the sounds of music continue at his school.

Paul Jackson, at the helm of Gallions Primary School, will tackle the Hackney Half Marathon on June 22.

His efforts, he hopes, will help make up a current £350 shortfall needed to complete the building of a new music centre.

Go to sponsorme.co.uk/pauljackson/mr-jacksons-half-marathon.aspx.

Archbishop drawn to stars in the east

PEOPLE

Church leader says he's impressed by Westfield as he heads for (school) lunch

Rachel.Bishop
@wharf.co.uk

The Archbishop of Canterbury visited Westfield Stratford City and a Canning Town primary school last week as part of a celebration of the centenary of the Diocese of Chelmsford.

After an early morning visit to Westfield, Archbishop Justin Welby made his way around Chobham Academy and the Sir Ludwig Guttman Health Centre before hopping on the DLR to visit training centre Alpha Building Services Engineering (BSE).

On board the DLR train to Abbey Road, Archbishop Welby said: "I think Westfield is superb and I was very interested in their training programmes.

"Regarding regeneration we need to



The Archbishop of Canterbury at St Luke's Primary School, Canning Town

be focussing on finding community spaces where we can bring people together. That's always been what churches do - they build communities.

"The church has been creating and building communities for 1,400 years, so we know what we are doing."

During his visit to Alpha BSE he heard about the new London Design and Engineering University Technical College, which opens next year.

Chelmsford Diocese and Alpha BSE are co-partners in this project.

During the celebration walk for Chelmsford Diocese - which spans east London and Essex - the Dean of Newham, Dave Wade said: "We have a lot of changes coming up, so it's great that he has taken an interest in our area and the church and what's important for the future."

The archbishop finished his morning visit at St Luke's Primary School in



The Archbishop tours Westfield

Canning Town, where he spoke with pupils and teachers - and was treated to a spot of lunch.

Head teacher Theresa Aanonsen said she was delighted Archbishop Welby had chosen to visit the school.

She said: "It's a real encouragement for the school that he has come along in his busy schedule.

"We are here to serve the Lord Jesus Christ and the fact that we are welcoming an archbishop to our school is a real blessing for us all."

Pupils Emmanuel Ogundipe and Michelle Adu, both seven, were very excited to have met the archbishop.

Emmanuel said: "I have seen him on the TV before, but it was amazing to see him in real life.

"His visit will be really good for the school and I hope more people will come here now."

tmp

Employment Law Best Kept Secret...



TMP Solicitors LLP is a niche law firm based in the heart of Canary Wharf. Headed by its influential leader, **Jacqueline McGuigan**.

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Business



From left, Maureen McGuire, Bloomberg chief marketing Officer, Dan Doctoroff, Bloomberg president and CEO, Declan Collier, London City Airport CEO and Matthew Hall, London City Airport chief commercial officer

Bloomberg sponsors free Wi-fi at airport

TECH

New hub gives travellers access to latest news

Rob.Virtue
@wharf.co.uk

Bloomberg is giving business flyers from London City Airport the access to breaking news and exclusive information with the launch of a technology hub.

As well as a 260sq m lounge, the tie-in also includes 55-inch digital screens and media tickers in the terminal.

The lounge features six tablets loaded with Bloomberg apps, four terminals, an analytics help desk, 24/7 Bloomberg television, free shoe shine and a media wall. The facilities were launched last Wednesday.

The media firm will also sponsor free Wi-fi at the Royal Docks airport.

Bloomberg said there is a "remarkable synergy" between the company's target audience



The Bloomberg technology hub at City Airport

and the average profile of a City Airport passenger.

About 61% of passengers are travelling on business and over half use a subscription-based financial data service.

Dan Doctoroff, chief executive officer and president of Bloomberg, said: "LCY's customers are business travellers who value the things Bloomberg does best: providing accurate, relevant and timely information that helps them make better business decisions."

"The Bloomberg Hub at LCY

is a great example of this; it is our biggest brand initiative worldwide and reinforces our investment in London as a leading financial centre."

Declan Collier, chief executive officer at the airport, said: "Our agreement with Bloomberg will set us apart from the other airports, cementing our position as the business traveller's airport of choice."

"But we can't stand still. We need to work with Bloomberg to continue to meet the customer's changing needs."

£250,000 gift to work charity

TRAINING

Rachel.Bishop
@wharf.co.uk

A CHARITY that helps excluded young people into work will receive £250,000 and educational and training advice from Impetus – The Private Equity Foundation (PEF).

Canary Wharf-based City Gateway will receive

management advice, guidance on governance, IT, finance and funding strategies from the Impetus-PEF investment team and access to advice from expert business consultants.

Impetus-PEF chief executive Daniela Barone Soares said: "In places like Tower Hamlets, it's not so much lack of jobs that's the problem, but lack of qualifications and work readiness."

"With Impetus-PEF's combination of support and resources, City Gateway will be able to help even more young people find and keep jobs."

Eddie Stride, chief executive of City Gateway, said: "Impetus-PEF's investment will help us lay the foundations for sustainable growth, enabling us to bring hope to thousands more Londoners."

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What's On

10

things to do this Bank Holiday

1 CHARITY Hear No Evil

Do your bit for charity while enjoying a pint, comedy and some live music at this festival at London Fields Brewery in support for Macmillan Cancer Support. Every penny goes to the charity too.
May 24, £15, London Fields Brewery, Warburton Street, hearnoevil.org.uk.

2 DANCING Z Uncut

Test your stamina at this eight hour non-stop DJ set hosted by DJ EZ at The O2's Indigo. Z Uncut will feature old and new sounds from UK garage, house 'n' garage and bass.
May 25, £20, The O2, North Greenwich, djz.com.

3 CULTURE The Accidental Festival

Fill your weekend with writing,



A stall holder works on his display at the Chelsea Flower Show

live art, film, spoken word and puppetry at The Accidental Festival, which is produced by second-year students at The Royal Central School of Speech and Drama.
May 22-25, £4/£5, Roundhouse, Chalk Farm Road, Camden, roundhouse.org.uk.

**4 ARTS
Spotlight Sumatra**
This free outdoor photographic exhibition highlights the threats to many animals around the world and looks at the array of life found in Sumatra's unique rainforests.
Until May 31, FREE, orangutans.sos.org/spotlightsumatra.

**5 ACTIVITY
A-maze-in'**
A-maze-in' returns to Stratford Circus with its bespoke built maze where families can explore a maze of honeycomb and join "gardeners" to train as the new generation of bees, learning all about cross-pollination, making a bee bed in a hive, and learning how to waggle and fly.
May 29-31, £8/£6 concs per child, £2 for accompanying adults, Stratford Circus, Theatre Square, stratford-circus.com.

**6 OUTDOOR
Chelsea Flower Show**
Britain's most prestigious flower

show is back, offering the chance to see some of the most beautiful garden displays in the world in the grounds of Royal Hospital.
May 20-24, from £25, Royal Hospital, Chelsea, chelseainbloom.co.uk.

**7 EATING
Foodies Festival**
Kenwood House is welcoming the hugely popular Foodies Festival for the first time in a celebration of delicious food and drink which will include demonstrations from top chefs, banquet tables, a vintage tea tent and a new chilli food market.
May 30-June 1, £12-£48, Kenwood House, Hampstead Lane, foodiesfestival.com.

**8 DRINKING
Radio at ME London**
Escape the bank holiday crowds to Radio at ME London, located on the tenth floor of the hotel with panoramic views of the capital.
Monday-Wednesday; 12pm-1am, Thursday-Saturday; 12pm-3am, Sunday; 12pm-12am, ME London, The Strand, melia.com.

**9 WATCHING
Gladiator Live**
Take in the story of Gladiator with the atmosphere of a live concert at the Royal Albert Hall where the Hans Zimmer and Lisa Gerrard's sweeping score is brought to life by the Philharmonia Orchestra and Philharmonia Chorus.
May 24-28, from £22.90, Royal Albert Hall, Kensington Gore, royalalberthall.com.

**10 SHOPPING
Fairground**
As part of a series of pop-up shopping events, the Stylist's Rail will be transforming the first floor of Fairground into a hub of shopping fun with live DJs, a cocktail bar and street food from Yum Bun.
May 24, £free after 1pm, or VIP entry £5, Fairground, Kingsland Road, Dalston, billetterto.co.uk.

DINNER & A MOVIE

Win dinner at Via and a movie at Cineworld in our weekly competition
Page 63

Museum readies home for Holmes

DIARY DATE

Riding a new wave of interest in London's most famous detective, the Museum Of London has unveiled plans for its Sherlock Holmes exhibition later this year. Entitled *Sherlock Holmes: The Man Who Never Lived And Will Never Die*, the potential blockbuster revisits London "through the prism" of the fictional detective.



Benedict Cumberbatch as the BBC's latest incarnation of the detective

It will feature the first ever public display of a canvas portrait of Sir Arthur Conan Doyle painted by the artist Sidney Paget whose illustrations were responsible for much of the Holmes iconography. Also on display will be the original manuscript of *The Adventure Of The Empty House* and the Belstaff coat worn by Benedict Cumberbatch.

Curator Alex Werner said this week: "Usually you have an exhibition because [of an anniversary] but this just feels right."

"There is a fascination not only for the 1880s and 1890s but also the present. The BBC's *Sherlock* is so playful and so reverential that a whole new generation is keen to know about the early stories."

The exhibition opens on October 17. Go to museumoflondon.org.uk.

Seven Days

Gig Little Mix will be going to the max



★ Former X-Factor winners Little Mix are set to crown their recent successes with a gig at The O2.

The band, who recently released their second album, broke the Spice Girls' record for the highest ever US chart debut by a British girl group, entering the charts at number four.

Little Mix said: "We are going to be pulling out all the stops to make sure it's as unforgettable for our Mixers as it will be for us."

May 25, The O2, £30.50-£42, 7.30pm (Little Mix 9pm), theo2.co.uk.

Stage Alice gets new musical twist

★ Greenwich's Sell A Door Theatre Company recreate Lewis Carroll's *Alice In Wonderland* in a new adaptation with "music, madness and mystery".

It all starts one summer's afternoon, when Alice falls asleep under a tree and catches sight of a White Rabbit. Alice jumps down the rabbit hole after him and the adventure begins.

May 24-Jun 1, Greenwich Theatre, £11-£16 (concs), greenwichtheatre.org.uk.

Gig Katy eyes O2 through a Prism



★ Katy Perry will bring *The Prismatic World Tour* up close and personal to fans at The O2.

Her show will include a special standing pit in front of the stage called The Reflection Section which will see Katy getting closer than ever to her fans.

Katy Perry scored her second No.1 album in the UK with *Prism*. May 27-May 31 (exc Thurs), The O2, £57.50-£97, theo2.co.uk.

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What's On

Cerebral quest to find where the self resides

STAGE

Incognito

Bush Theatre

The image repeats itself throughout Nick Payne's engrossing new play: a ribbon of starlings flocking together, flashes of silver on the wing, creating apparent order from a frenzy of dots.

This is one of the ideas of identity explored in these interweaving stories reflecting on the notion of selfhood: whether a person is made of their decisions, their physiology, their memory or some other bravura alchemy.

Or as newly-bisexual neuropsychologist Martha puts it: "The brain builds a narrative to steady us from moment to moment but it's ultimately an illusion. The brain is a storytelling



Paul Hickey and Amelia Lowdell in *Incognito*

machine and it's really, really good at fooling us."

Like those hypnotic starlings, this piece – an absorbing 90 minutes – dissolves and emerges, clarifies and

confuses as the theories are worked through in punchy and gripping vignettes drawn from three stories – two true and a fiction.

The tales of the theft of Einstein's

brain by Thomas Harvey; a woman's dramatic lifestyle choices when she quits a failed marriage; and the plight of Henry Molaison, forever in the present tense because of a continual loss of memory span a century of thought and epiphany.

The guiding lights throughout the maze and caverns of the mind are the four actors playing 21 parts.

Paul Hickey, Amelia Lowdell, Alison O'Donnell and Sargon Yelda drive each other's performances to ever keener levels of truth, perspicacity and humour. Joe Murphy's direction is quick but generous. He sets the action on a plain stage, a metalwork matrix overhead, two pianos as bookends and a brain in a jar as a reminder of the cryptic protagonist of the piece.

Although the characters may change mid-scene, we are never lost thanks to the quartet's dexterity with

mood, accent, body language and demeanour. Martha, Teddy, Henry, Margaret, Thom et al are all alive in their moment.

Payne's quest for the seat of self is not helped by the power of the brain to shy away from scrutiny and, the playwright suggests, a sly glimpse at fragmentary truths may be the best we can hope for.

If that is the case, this impressionistic production might suggest how those stroboscopic flashes of insight might be present themselves.

Giles Broadbent

Until May 21, Bush Theatre, 730pm, £19.50 (concs), bushtheatre.co.uk

Our verdict

Nick Payne's cerebral thesis also makes for riveting drama

★★★★☆



Digital dreamscape

THE work of an IT professional turned artist is on show at Canary Wharf. Paul Adams, 58, said he brings together his love of art, technical illustration, photography and computing for the pieces, which are printed on aluminium dibond. The works will be on show in the window gallery in Canada Place mall until the end of May before moving to the tech space at Level 39 in One Canada Square. Go to pixelpainter.co.uk

SCREEN

Blended

(12A) 117mins



Lauren Reynolds (Drew Barrymore) is a single mother with two young sons, Brendan and Tyler, who isn't sure she will ever find love again.

Single father Jim Friedman (Adam Sandler) is in a similar position, always putting the happiness of his three daughters Hilary, Espon and Lou ahead of his own.

Following a disastrous blind date, Lauren and Jim vow never to see each other again and give up on romance. Instead, both parents take their respective broods to a African safari resort for a week of animal magic. As fate would have it, Lauren and Jim end up in the same resort and are forced to share a suite.

★★★★☆

SCREEN

Run And Jump

(15) 106mins



Vanetia Casey (Maxine Peake) is the impossibly optimistic linchpin of an Irish family.

That irrepressible good humour proves invaluable when Vanetia's 38-year-old husband, Conor (Edward MacLiam), suffers a stroke, which changes his personality.

Unable to find any medical assistance in her own country, Vanetia welcomes US neuropsychologist Ted Fielding (Will Forte) into her home.

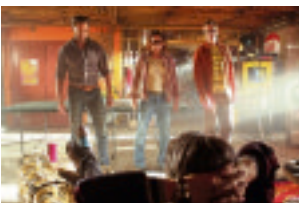
Initially, Vanetia is wary of the new arrival to her already crowded home but when she witnesses Ted's calming influence, she begins to realise that he is just what her emotionally fractured brood needs to heal.

★★★★☆

SCREEN

X-Men: Days Of Future Past

(12A) 131mins



Director Bryan Singer returns to the Marvel Comics fold to direct this accomplished big budget sequel to *X-Men: First Class*.

Professor Charles Xavier (Sir Patrick Stewart) has witnessed mankind's prejudice towards the mutants including Wolverine (Hugh Jackman), Storm (Halle Berry) and his old friend turned nemesis, Erik Lehnsherr aka Magneto (Sir Ian McKellen).

Xavier takes the bold decision to alter the past to fashion a brighter future for everyone.

Thus, Wolverine ventures back in time to enlist the help of the young Professor X (James McAvoy) and Magneto (Michael Fassbender).

★★★★☆

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RITA divorced care worker with no ties, 5ft 11ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

FEMALE seeking kind, caring gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411751

SUSIE, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. Tel: 0905 002 1943 Box 412285

52YR old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412101

ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. Tel No: 0906 500 3729 Box No: 412063

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 3729 Box No: 412045

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. Tel No: 0906 500 3729 Box No: 411871

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTm similar fun genuine guy. Tel No: 0906 500 3729 Box No: 411537

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! Discretion assured. Tel No: 0906 500 3729 Box No: 411205

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTm similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

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CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

SANDY 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

DAWN 38 dark hair/eyed medium built busty female who loves nights in/out, WLTm fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

ANNE happy go lucky lady who loves wining/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

SHARON young single mum slim, blue eyes, attractive, likes nights in/out, WLTm kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

EASY going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

FEMALE 62, widow, seeks male, 62-72, likes travel, tv, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

SINCERE lady, 46, single mum, looking for black/mixed race male of similar age. S London area. Tel No: 0906 500 3729 Box No: 409927

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

63YR old slim blonde, seeks gent 55-70 for happiness, holidays and meals out. Tel No: 0906 500 3729 Box No: 410017

ATTRACTIVE cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

CAROLYN friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

EASY going female, 50, 5ft 6ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

DOWN to earth female, good heart, attractive, fair hair, green eyes, 5ft 7ins, good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

CARING lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

SHIRL 69, true romantic, seeks clean shaven, N/S, romantic male for cosy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc. WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 408999

MARIE slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

CLAIRE young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

YOUNG 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

59YR old female, looking for gent, 60-65 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 410067

Men seeking women

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ALLEGEDLY handsome blond eyed male, 47, genuine, caring, fun loving GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. Tel No: 0906 500 3729 Box No: 409843

SLIM fit active 69yr old N/S male, likes music, walks, cinema, quizzes, seeks slender, warm hearted 60's lady for company and more. Tel No: 0906 500 3729 Box No: 412061

WIDOWED 50year old male seeks female friend any age for days out, enjoys reading for sport and having a good time. Text Only Mailbox Box No: 4385826

SEEKING invisibles. 52yr old N/S male, seeking invisible lady, 50-60 plus who feel that men have seized to notice you. Petite/slim-medium build up to 5ft 8ins tall. Tel No: 0906 500 3729 Box No: 411953

TALL black, single, childless male, seeks slim, size 4-8 female for fun and friendship. Tel No: 0906 500 3729 Box No: 411915

MATTHEW 54, seeking lady for no strings fun and laughs. Tel No: 0906 500 3729 Box No: 411981

45YR old male, seeking female for no strings fun times. Tel No: 0906 500 3729 Box No: 411963

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WARM hearted honest, kind Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 411617

UPSTANDING black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

SFT 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665

65YR old widower, N/S, likes animals, sports, walks, country pubs, seeks lady of any age, chat, friendship, whatever. Tel No: 0906 500 3729 Box No: 411555

JASON likes meals in/out, looking for female, 35-45 for friendship/relationship. Tel No: 0906 500 3729 Box No: 411611

36YR old male, brown hair, blue eyes, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411493

EASY going, friendly, consistent, tall, white male, 40's, seeks easy going female, 35-55 for relationship. Tel No: 0906 500 3729 Box No: 411421

NICHOLAS 70 fit, seeking female, 55-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410945

TALL smart, caring male, GSOH, fun loving, outgoing, energetic, seeking 65 plus mature woman for fun and friendship. Tel No: 0906 500 3729 Box No: 411855

ASIAN gent 49, professional, GSOH, varied interests, seeks female, 25-49 for genuine friendship. Nationality unimportant. ACA. Tel No: 0906 500 3729 Box No: 411799

36YR old male, seeking female for no strings fun. Tel No: 0906 500 3729 Box No: 411759

LLOYD 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

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62YR old male, WLTm lady 60-74 for friendship and outings. Tel No: 0906 500 3729 Box No: 410937

BLACK male, bubbly, WLTm buxom, plus size, voluptuous white female for friendship, maybe LTR. Tel No: 0906 500 3729 Box No: 410913

BRIAN 51, 5ft 9ins, medium build, attractive, likes meals out, cinema, long walks, easy going, GSOH, seeks attractive female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 410901

TED divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 411319

NICK 54, Londoner, outgoing, fun loving, honest, sincere, many interests, seeking likeminded lady to share the good things in life, possible LTR. Tel No: 0906 500 3729 Box No: 411319

GENUINE reliable, traditional, sociable, N/S male, 69, WLTm positive, warm hearted, slim, loyal female for friendship, leading to relationship. 0906 500 3729 Box No: 411543

BUILDER 44, tall, attractive, GSOH, considerate, easy going, seeks female. 0906 500 3729 Box No: 411497

MALE loyal, professional, hardworking, seeking independent female, 29-42 Tel No: 0906 500 3729 Box No: 410999

Men seeking men

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

WHITE male, 62, medium build, own apartment, clean living, seeks clean shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0906 500 3729 Box No: 412269

CHINESE male, 66, WLTm similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

Adult Interests

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The Wharf the **Wharf** events for Tommy's Tommy's

THURSDAY MAY 29TH

Date Auction Night*
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THURSDAY JULY 24TH

Dirty Dancing *Dirty Dancing*

night at the Radisson



Tickets are just £20.00**
this includes entry, plus food,
a glass of bubbly and
private screening of the film
**£10 from every ticket goes
to Tommy's

FRIDAY OCTOBER 31ST

Halloween Ball* at the Radisson



Tickets are **£15.00** if in fancy dress **£20.00** if you are not

*All money raised will go to Tommy's

For More information about any of the above events or to book tickets please contact Daisy
Lewis **0207 293 2272** or email daisy.Lewis@trinitymirror.com

Food



COOK WITH QUINTON BENNETT

Barbecue beef short rib with fennel slaw

With the change in the weather, this recipe is perfect for some al fresco cookery.
Serves 4

Ingredients

12.5kg beef short rib
1 tsp coriander seeds (cracked)
1 tsp smoked paprika
1 tsp ground ginger
2 tsp brown sugar
1 tsp salt

Baste ingredients

200ml ketchup
50ml dark soya sauce
50ml honey
50ml beer
Pinch salt

For the fennel slaw

¼ red cabbage (grated)
1 fennel bulb (thinly sliced)
4 oranges
1 tsp chopped mint
1 lime
1 tsp chopped basil
2 tsp sugar
1 tsp salt
200ml crème fraîche

Method

For the short rib, mix all of the



Serve the ribs with the slaw in a rustic fashion

dry ingredients together and rub into the meat. Leave for a few hours to marinade, or ideally overnight for a really deep flavour.

To BBQ the meat, make sure your fire has settled and you have a good amount of coals. Place the meat on the griddle and begin to slowly cook your meat, turning every so often. The meat will take about two hours until it becomes tender and soft.

Whilst the joint is cooking, mix all the basting ingredients together. Once the meat is tender, start basting the ribs,

turning the meat continuously until the outside becomes sticky and caramelised.

For the slaw, in a large bowl add the red cabbage and fennel and season with the salt, sugar and juice from the oranges.

Mix thoroughly and then add the mint, basil, lime zest and the orange segments. Finally, mix in the crème fraîche and check the seasoning.

Once the ribs are ready, slice in between the rib bones to create individual portions and serve with the slaw.

Quinton Bennett is head chef at The Gun, Docklands. Go to thegundocklands.com for details

Head over to Blackwall for natural brews

It may have been hard to get a sense of what The Gun's Spring Haze beer festival, which takes place from May 23-26, would be like by attending its predecessor in January.

I suspect roaring fires will be in short supply this time round. However, the bonhomie and good cheer is likely to be the same. A total of 30 cask and keg brews will be available at the Thameside pub, which has themed the event on unfined and natural beers.

A specially created matched menu will also be on offer featuring the Homage to the Fromage cheeseboard. If it's as well matched as the one earlier in the year this is well worth looking out for.

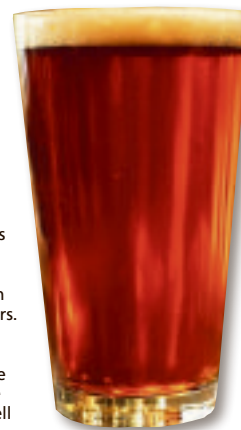
Entry is free and beers will be available at a special bar on the venue's terrace as well as from the main bar.

In other news, The Gun's Gin Garden event space opened on May 17 in association with Gin Mare. Groups from 30-250 can book the space for any occasion.

Its range of cocktails includes the Gimlet Med with Gin Mare and homemade lime and basil cordial and the Mare Tai, a mixture of Gin Mare, orange curacao, orgeat and fresh lime.

Jon Massey

For details of either the Gin Garden or the Spring Haze beer festival go to thegundocklands.com



DIARY DATES

★ Looking for a beer festival to whet your whistle at over the next couple of months? Try these:

■ All Hands To The Pumps: Beer And Music Festival, Walthamstow

The organisers of this festival command you to eat, drink and be merry over four days.

There will be plenty to be merry about too, with 26 local and regional bands and musicians playing throughout as well as craft beers and real ales to try.

There will also be tasty cakes and snacks, pulled pork and barbecue butties all weekend.

Musical acts include Bob Collum & The Welfare Mothers, Black*Scarr, The Alternative Book Club, The Yes Mess and The November Five.

The event runs from May 23-26 at The Warrant Officer in Higham Hill Road, Walthamstow. Go to the-wo.co.uk.



Lena Margerita will perform at All Hands To The Pumps

■ Strongroom Beer Festival, Shoreditch

This courtyard-based festival has returned to the Strongroom after last year's huge success and this time it has a pungent companion – cheese.

There will be more than 40 beers and ciders (which have all been made in London) to try, so take your time and sample some cheese while listening to the live music.

The festival runs from June 5-9 at the Strongroom Bar & Kitchen in Curtain Road, Shoreditch. Entry is £10.

Go to strongroombar.com.

■ Summer Brew Fest, Hackney

There will be beers from up to 12 of the UK's finest start-up and smaller breweries, with more than 30 brews on tap from casks and kegs covering a massive range of styles and strengths, plus a few extra bottles here and there.

There will also be plenty to line your stomach with, from gourmet hotdogs and burgers to vegan and veggie options.

Listen to brewers talk at the Beer Geek event before partying the night away to energetic folk music in the evening.

The event runs from June 20-22 at Space Studios in Mare Street, Hackney. Entry is £25. Go to summerbrewfest.co.uk.

Take part as Brit beers take on the world

★ The Great British Craft Beer Challenge is back and ready for an old fashioned pub brawl.

The first round took place on May 10, in a battle between northern monkeys and southern softies, with northern craft beer the Un-Human Cannonball from Magic Rock Brewing showing named champion.

The next round will see British craft beers take on the Europeans on May 31.

A spokesman for the challenge said: "As well as a choice of beers big enough to please the palate of Britain's most hardened beer enthusiasts and casual beer drinkers alike, the festival offers an amazing array of entertainment, home-brewing demonstrations, pub games and food matching are just some of the interactive delights on offer."

"If that isn't enough, each event will feature a plethora of live music acts."

Round Four will see GB take on the Commonwealth on August 9 before finale on September 13 sees GB tackle The Rest of the World.

The events cost £4 and take place at The Brewhouse, Railway Arches, Helmsley Place.

Rachel Bishop

Go to britishcraftbeerchallenge.co.uk.

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BEER

MAKING IT & DRINKING IT



Pete Vick, right, of London Fields Brewery imparts wisdom on one of his courses

HOMEBREW Rob Virtue mashes up some expert advice

With specialist ales increasingly catching the British public's imagination, it makes sense that aficionados are getting involved with production as well as consumption.

The growth of home brewing has inspired one company to start its own classes on the subject six months ago.

Pete Vick, home brew class and shop manager at London Fields Brewery, said every session had been full.

"You'll find nine out of 10 brewers are enthusiastic home brewers who turned professional," said Pete.

"That's why we're seeing beers that are idiosyncratic and eccentric. You carry on the experimental style of the home brew through to commercial. And that's what separates us from the mainstream."

The process can be simplified into three stages. First, the mash. A porridge is made out of barley mixed with wheat that breaks down the complex starches in the grains into simple sugars that are more readily converted to alcohol.

Stage two is boiling the extracted solution from the porridge, known as the "wort" and adding hops. Yeast is added as the wort cools, an "under appreciated, but critical part of the process," said Pete, as "it contributes 90% of the flavour".

Fermenting at home follows before the class return two weeks later to taste the results.

"They say brewing is 50% art and 50% science," said Pete. "It's a lie – it's 95% cleaning."

James Yeomans agrees with the sentiment. He began Hop Stuff Brewery last year after raising capital through a crowdfunding venture after making his home brewing a success.

"Hygiene and cleanliness is absolutely number one," he said.



Hop Stuff's James Yeomans shares his tips

"You've got to be careful as a lot of home brewers find yeast getting infected which can make the beer go wrong.

"You're always cleaning. While you get used to it, when you have a brewery, in your kitchen it's more difficult."

James said it was also a time-consuming process, taking the same time to brew as it does in a brewery – around six or seven hours.

"It's perhaps an all-day Sunday thing," he said. "It can also be hard work, especially for me when I was making recipes. I made the recipe for our Renegade IPA while home brewing."

"But if you've got mates round and you're having a few beers at the same time then it can be a lot of fun."

■ For more on London Fields Brewery classes, which cost £95 for the day, go to londonfields-brewery.co.uk. It also has the only home brew shop in the capital.

■ For more on Hop Stuff Brewery go to hopstuffbrewery.com.



BrewDog's head brewer Stewart Bowman says craft beer is a force to be reckoned with, even if it can't be used to prevent George Lucas' ongoing machinations

Provocative brews with attitude

With the explosion of craft beers in our pubs, shops and festivals in the last five years, expert BrewDog put forward its head brewer Stewart Bowman to explain a little more about this crafty tippie:

■ What exactly is craft beer?

It is beer that has been created by people who actually care about how the beer tastes; everything we do is for the betterment of our beer.

■ Why has it become so huge recently?

People are bored of the same generic lagers that have no character, they want beer that is provocative and has integrity and attitude.

■ How does it differ to your normal ale or pint of lager?

It differs in every way. Some craft beer is subtle and mellow and some grabs you by the face.

■ What can a craft beer do that a normal beer can't?

It can make you pause in your everyday hectic life and rediscover how incredible beer can be. We've let the man tell us what we should be drinking for far too long.

■ What can't it do?

Stop George Lucas.
Go to brewdog.com.



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Get in the pool and feel the benefits

Slava Feniov, 32, swimming personal trainer at Reebok Sports Club tells us about his sport of choice.

■ How should a complete beginner get into swimming?

The best way would be to have lessons with a professional coach – it's better to work with a coach who has experience and comes from a professional background so they know what they are teaching.

■ Do you need specific kit?

No, but it's advisable to wear goggles if you want to learn the correct swimming strokes from the outset.

You need to have your head in the water to keep your body in a streamlined position and the higher you lift your head out of the water, the lower your legs drop, thus increasing resistance from the water, slowing yourself down and making it harder to swim.

■ What are the easiest and most tricky strokes to master?

In terms of the easiest I would say front crawl and backstroke.

Because of the streamlined position of the body, they provide the best floatation and also because it's easier to breathe than other strokes.

Some people say the easiest is breaststroke, but biomechanically it's really hard to teach a beginner to turn out their feet and push the water with the side of their foot.

The most physically demanding stroke is butterfly.

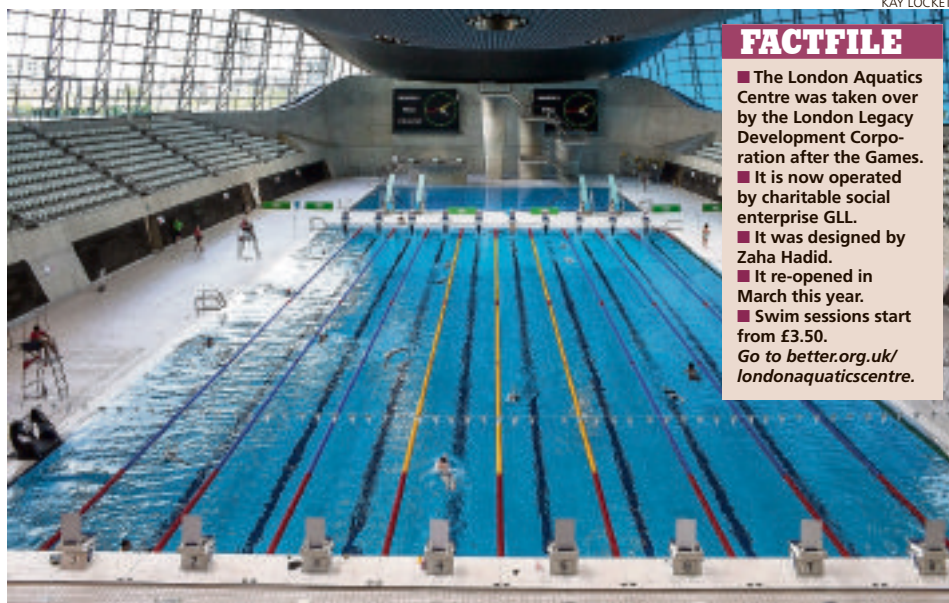
■ What fitness benefits does swimming provide?

It's a great cardiovascular workout. You use both your upper and lower body muscles to propel yourself through the water and you use your core to keep your body balanced and stay straight.

In addition, it's a great strengthening exercise in particular for your shoulder and back muscles. Swimming also relieves stress.

Beth Allcock
Go to reebok club.co.uk.

Slava says swimming is great for your muscles and stress relief



The former Olympic pool in all its publicly accessible glory

FACTFILE

- The London Aquatics Centre was taken over by the London Legacy Development Corporation after the Games.
- It is now operated by charitable social enterprise GLL.
- It was designed by Zaha Hadid.
- It re-opened in March this year.
- Swim sessions start from £3.50.
- Go to better.org.uk/londonaquaticscentre.

KAY LOCKETT

Diving into sun-drenched waters of Games' legacy

EXPERIENCE

Following its second opening **Beth Allcock** plunges into capital's most famous pool

Ivery much doubt I was feeling the same as the likes of Michael Phelps and Rebecca Adlington did at the 2012 Olympics as I prepared to plunge into the pool at the London Aquatics Centre last week.

But although much less was at stake I found swimming at the spectacular venue nothing short of inspiring.

And I'm willing to bet my cozzie and goggles that whether you're a hardened pool professional or an ordinary east Londoner arriving by Tube, you'd feel the same.

Stepping from the zesty lemon changing rooms to the poolside it was tricky to take everything in – the tier of diving boards and their 25m pool, the 50m competition waters separated



Deep dip: Beth takes the plunge

into lanes and the sunshine streaming through the vast glass windows.

There was even a cluster of people seated in the bleachers – not an Olympic-size crowd – but enough to prompt a buzz and to imagine what it must have been like.

Clinging onto the silver railings and teetering nervously poolside, however, was where all parallels with

the international swimmers came to a watery end.

And boy did it show. While Ms Adlington probably didn't think twice about diving straight into the sun-dappled waters, I spent a good few minutes dithering.

My concerns centred on temperature rather than split times as well as worrying whether my haphazard breaststroke would get me through all 50m.

But after an ungraceful splash into the end lane and a few mal-coordinated moves I was on my way.

It's a joy to swim in this squeaky clean, newly opened, 27C facility.

If, like me, you prefer to keep your head above water, there's plenty of scope for soaking up the atmosphere and taking stock of your surroundings.

Those on more of a mission to cut through the waters quickly will also relish having a particularly swish local training spot.

This is what London's Olympic Legacy – the buzzwords of the moment for sports figures and politicians alike – actually means.

■ **Garmin Swim, £129.99**
Add some science-savvy bling to your swimwear with Garmin's Swim Watch. This is style for serious swimmers though, with functions to detect your stroke type and then track lengths, distance, pace and efficiency, as well as the ability to switch up your session with differing log drills.

Go to garmin.com/swim.



■ **Fastskin Elite Mirror Goggle, £40**
A host of global research ensures these limited edition red and blue goggles aren't your ordinary pool eyewear. Speedo's exclusive IQfit technology used data from 3D head scanning to create a double-strap accessory with mirror lenses.

Go to store.speedo.co.uk.

Fancy a bit of adventure? Hit the lidos

Rachel Bishop
@wharf.co.uk

As the weather warms up, why not go beyond the confines of indoor pools and check out some of London's impressive lidos?



■ Tooting Bec Lido

This is London's longest lido at 90m (almost two Olympic length pools) but warm it ain't. Even on a sunny day it can get a little nippy after about 10 minutes. Post swim, why not head to south Deli restaurant Dosa and Chutney or peruse the market in Tooting Broadway?

Open May; 6am-6pm, June-August; 6am-8pm, September; 6am-5pm, Tooting Bec Road, E6.

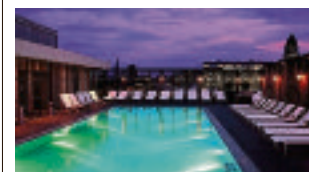
Go to placesforpeopleleisure.org.

■ Hampton Open Air Pool

Spend the entire day as there's an on-site sauna, cafe, grass for lounging and a gym. There are even concerts throughout the summer. There's not a lot beyond the pool though. After a swim, take a stroll through Bushy Park and go deer spotting.

Open all year, 9am-5pm, High Street, Hampton, E3-6-70.

Go to hamptonpool.co.uk.



■ Shoreditch House

From its privileged perch there are views of the City and across London. But it's expensive. To get into this exclusive venue you must be a member of Shoreditch House, which costs £900 per year. Post swim, enjoy the rest of the club – after all, you're paying for it.

Open all year; 7am-10pm, Ebor Street, Shoreditch, E900.

Go to shoreditchhouse.com.

■ Charlton Lido

This lido underwent a £2million refurbishment in 2013. It now offers a new gym, cafe and terrace. But it's not easy to get to. The nearest station is Westcombe Park, which is a 30-minute walk away. After a swim head to Greenwich Park and into Greenwich Town Centre, where there's the Cutty Sark, Old Royal Naval College and the Royal Observatory.

May-September, Monday-Friday; 7am-7.30pm, Saturday-Sunday; 9am-5pm, Hornfair Park, Shooters Hill Road, non-members £6.

Go to better.org.uk.

Fashion

COUTURE SUITS



BILLABONG
Salty Jane Springsuit, £109
eu.billabong.com



CYNTHIA ROWLEY
Neoprene 2mm suit, \$330
cynthiarowley.com



BYDIDDO
Anatomical wetsuit, £POA
bydiddo.com



SCANDALE | One-piece, £80 | scandale.com

LADY BATHER



B LONDON BOUTIQUE
Navy one-piece by
Melissa Odabash, £210
blondonboutique.com



B LONDON BOUTIQUE
Positano snake
swimsuit, £185
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SCANDALE
Red bikini top, £45
Red bikini bottom, £40
scandale.com

GENTLEMAN SWIMMER



BURTON
Geo-print swim shorts, £15
burton.co.uk



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Swim shorts in blue, £10
next.co.uk



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Tuamotu moorea shorts, £130
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SAINSBURY'S
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shorts, £12
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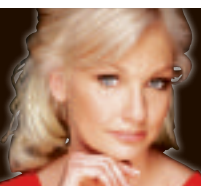
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

A new flirtation is moving two steps forward and one step back. Make sure that you're not playing games today or you're going to get your fingers burnt.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

No-one can understand how important a Piscean's job is to them. You need to do something you'd do for free and if you're in the wrong job, change it.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Not everyone's going to be as fair or as reasonable as you'd like and you may be forced to tell a few white lies to get away from controlling characters.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Can you feel the tension? Wouldn't it be better if you were to talk to the person who is on your mind? Travel brings success and a new friend for life.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

The door is closing on an opportunity that would be so very suited to you. Make sure that you leave the game playing out of it and take care of your friends.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You haven't quite realised it yet, but over the last few days you have really profited from the experiences you have been through. You're older now.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Others' downfalls today could well turn out to be useful to you. Careful how you handle all confrontations. Remember to show manners and be polite.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You're no longer frightened of taking risks, which could cast you as irresponsible. Don't tell others what they don't really need to know.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

The current faces you're getting to know really are bringing out the best in you. Be proud of your past and don't hide from it. It's made you who you are.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Make sure your home is tidy and presentable. You're going to want to be proud of it when you show it to people unexpectedly. Do that hovering.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You know Sagittarius, jealousy really doesn't suit you or become you, so try to leave the emotional games at home when you go out this week.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Make sure you're not speaking for the sake of it. Stick to facts. Don't fill in the blanks yourself as there is money and reputation at stake if you do, Capricorn.

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★ Fancy winning dinner and a movie for you and a friend?

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

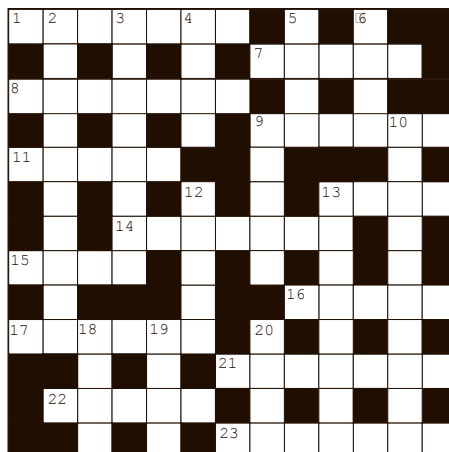
To be in with a chance of

winning, just tell us the name of this actor, pictured left, who has starred as Wolverine in the X-Men series of films.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is May 29. Include your name and address.



Crossword



ACROSS

1. Put forward (7)
7. Celebrity, in short (5)
8. Flower dealer (7)
9. Not solid (6)
11. Group of twenty (5)
13. Satisfy (4)
14. Foolish (7)
15. Small biting insect (4)
16. Customary (5)
17. Summon by a gesture (6)
21. Relegates (7)
22. Meeting of witches (5)
23. Throb (7)

DOWN

2. Disinclination (10)
3. Painting of a person (8)
4. Cumberbund (4)
5. Brave man (4)
6. Yashmak, say (4)
9. Stops (5)
10. Watchful, ready (2,3,5)
12. Female fox (5)
13. Cutting instrument (8)
18. Wooden shoe (4)
19. Cooker (4)
20. List of dishes available (4)

ACROSS: 1. Propose; 7. Celeb; 8. Florist; 9. Hollow; 11. Score; 13. Sate; 14. Idiocy; 15. Gnat; 16. Usual; 17. Beckon; 21. Demotes; 22. Coven; 23. Pulsate. DOWN: 2. Reluctance; 3. Portrait; 4. Sash; 5. Hero; 6. Veil; 9. Halts; 10. On the alert; 12. Viven; 13. Scissors; 18. Clog; 19. Oven; 20. Menu.

Sudoku

EASY

4	6	3	7	8	9			5
2				5	4		8	3
8		5	3	6	2	7		9
6	7		9				5	
9	4	8		2		1		6
	5		6	4		9		7
	2		8		5	3		4
5	3	4	2			8	9	
	8	9			1	5	6	2

HARD

					8			
9			1					4
5		3				7	8	6
			4	2		9		
6	2	9			7			
		1	5					
	3				9		2	
8		6						
				7		8		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

Wharf

the Wharf LEAGUE

RESULTS

DIVISION ONE

Reggae Allstars	4
Manny Omoyinmi	8
Athletic Pasty ●	10
Wed Vac Div 1	0
Sub Standard Liege	4
Camden Pathway FC	16
Salmon FC	12
Efan Ekoku's Elite	7
Abou	4
Fire Breathing Kittens	6

DIVISION TWO

The Players FC	4
Newport Dodgers	8
Not So Athletic	14
Real Moro	7
Bayer Neverlusen	7
FC Poor Toe	6
Canary Wolves ●	16
FC Hangover	8
Rusty Trumpet FC	11
Prospect Aware	6

Last games on May 14.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

WEEKEND FLUTTER

RACING

It is the Temple Stakes at Haydock on Saturday, and with the possibility of plenty of rain on the way, the David Barron trained **Pearl Secret** makes plenty of appeal at 5-1.

The five-year-old is a classy sprinter granted his ideal conditions, and with the ground looking likely to be on the soft side he can go well.
Ed Quigley



FOOTBALL

Atletico Madrid, pictured, were superior to Real Madrid over 38 games in La Liga but are likely to be second best in Lisbon on Saturday.

Real were superb in their semi-final second leg against Bayern Munich and will be difficult to stop if they reach the same heights. Back them to win inside normal time.
Daniel Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

WITH THE

RACING POST

My dark moment in Australian sunshine

CRICKET

England's captain talks misery Down Under and why he's carrying on

Beth.Allcock
@wharf.co.uk

Itold you he was a bad tosser," quipped former England fast-bowler Gladstone Small as current England captain Alastair Cook flipped a trio of consecutive coins, all landing heads-up.

The light-hearted banter and currency calamity all formed part of a Sporting Lunch at Boisdale of Canary Wharf last week, where more than 50 guests dug deep to support the 29-year-old's benefit year.

The fun of charity fundraising was coupled with a light grilling for Cook, who was fresh from scoring a half-century for Essex against Sri Lanka earlier in the week.

England's top century-scoring batsman even revealed his passion for darts – he takes his own board on tour – and admitted he preferred to be caught off a nick than bowled.

But the elephant in the tartan-clad room was the England Test team's 5-0 drubbing in Australia last winter.

"Not many sides have won Down



Cook was speaking at a Sporting Lunch at Boisdale of Canary Wharf

Under and we knew it was going to be a tough battle but I didn't foresee us losing 5-0," said the skipper.

"We just couldn't play Mitchell Johnson – every time they had a chance to blow us away they did.

"When you lose like we were doing you take responsibility as a leader and you try to change it.

"Whatever we were doing wasn't working and I wasn't making any

QUICK RUNS

■ On facing Aussie quick bowler Mitchell Johnson in 2013

"The fast deliveries get you going – he's one of those guys when he's hot he's really hot and when he's not, he's not. The truth is, a lot of us weren't in good form, and he was in the form of his life."

■ On improving the team

"We are aware where we need to improve. We are struggling for a spin bowler to replace Graeme Swann, but you can't grow people on trees.

"I think now in England, with the research and money in English cricket, we should be able to top the rankings more often."

■ On facing Sri Lanka

"Quite a few of the lads are playing quite well, which is good. Sri Lanka are T20 champions and they are a very good side and always punch above their weight.

"They have got some fantastic players. Home conditions suit us but that doesn't stand for anything."

impact on the side. It was a dark moment but I chatted to a few of the guys and they said 'we want you to carry on'. When you hear that, it gives you confidence."

Next up for Cook and his country team buddies are five One Day Internationals against Sri Lanka, starting today (Thursday) at The Oval, followed by two Test Match challenges against the same team in June.

Fit 4 Sport promises to make legacy real

GRANT Residents in Limehouse and Poplar will be spoilt for sporting choice after a project scooped funding to deliver a spring programme.

Fit 4 Sport was successful in its bid for a share of Sport England's £5.9million Community Sport Activation Fund and will now offer up sessions including football, badminton, table tennis, athletics and tag rugby every Sunday.

Opportunities will also be available to secure a Level One certificate in Sports Club Management or Level Two award in Community Sports leadership.

Project Co-ordinator Mazidur Rahman said "Fit 4 Sport promises to inspire everyone and to live the Olympic legacy."

Classes cost £1 each and are run in Langdon Park by a qualified coach. Go to the [Twitter page @Fit4SportPL](https://twitter.com/Fit4SportPL) for more information and times.

Fan parks are set to spring up for Tour

CYCLING Fan parks will be set up in east London for people to watch the Tour de France action, it has been announced.

Canary Wharf and the Queen Elizabeth Olympic Park will both host events, giving supporters of the spectacular race the chance to watch their heroes on big screens.

Wood Wharf hosted a park in 2013 and will be a venue again from July 24-27 – the day of the closing ceremony.

It's already been revealed the tour will be heading through east London earlier in July, passing through both Stratford and Canary Wharf.

To mark the race as it passes through the capital the Olympic Park will be hosting a fan park from July 5-7.

Owen brings extra dimension to Quay

FOOTBALL

Former England striker Michael Owen launched a spectacular 3D image at West India Quay to bring a taste of Brazil to the Canary Wharf area.

The artwork is of Rio de Janeiro's iconic landscape breaking through a five-a-side pitch next to the dock.

A group of teenagers joined the former Liverpool and Real Madrid striker for a kick-about at the site earlier this week.

Owen visited Canary Wharf to launch Coca-Cola's Win A Ball promotion, which raises money for StreetGames, a charity that encourages disadvantaged communities into sport.

He said: "A football is a great, simple way to get everyone moving and having fun at the same time.

"As a father, I am always encouraging my kids to be active because I know physical activity plays a key role in everyday life.

"The Coca-Cola Win A Ball promotion has this ambition at its heart plus it means money for a worthy cause like StreetGames."



Michael Owen, left, poses on the 3D picture at West India Quay last week